

December Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung Street, Frederick, MD 21704 (Lower Level of the Urbana Regional Library)

Mondays 9:00-3:00	Tuesdays 9:00-8:00	Wednesdays 9:00-3:00	Thursdays 9:00-3:00
Nov. 30 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub	1 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner 6:00 Music/Dance/ Karaoke Night	2 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling	3 9:30 Color This 10:45 Exercise: Dance 1:00 Cards and Games 1:30 *Line Dancing
7 Nutrition Minute "Healthy Snacks" 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub	8 Nutrition Minute "Healthy Snacks" 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games	9 Nutrition Minute "Healthy Snacks" 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 *Artful Creations Sugar Cookie Decorating	10 Nutrition Minute "Healthy Snacks" 9:30 Color This 10:45 Exercise: Variety Noon *Breakfast for Lunch with Nurse Steve 1:00 Cards and Games 1:30 *Line Dancing
14 Health Education 101 "Winter Safety Tips for Older Adults" 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:15 Holiday Caroling 	15 Health Education 101 "Winter Safety Tips for Older Adults" First day of trip registration 10:00 *English Conversation 10:45 Exercise: Strength/Balance 11:30 Ambulance Subscription 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games 6:00 Inside Scoop: Fire Prevention & Safety	16 Health Education 101 "Winter Safety Tips for Older Adults" 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling 	17 Health Education 101 "Winter Safety Tips for Older Adults" 9:30 Color This 10:45 Exercise: Dance Noon *Holiday Luncheon 1:00 Cards and Games 1:30 *Line Dancing
21 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub	22 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games	23 10:45 Exercise: Stretching 1:00 *English Class 1:00 Wii Bowling	24 Center is Closed Enjoy the Holiday! 
28 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub	29 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games	30 Center is Closed Toby's Dinner Theatre Trip	31 9:30 Color This 10:45 Exercise: Variety 1:00 *Sweet Treat Bingo
Department of Aging Events Groceries for Seniors: Fri, Dec 4 Registration for day trips, Jan-Mar 2016: Tues, Dec 15		*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.	

(see other side for program highlights)